



Iowa's Top Health Issues: Healthy Aging

Open Forum for Quality Improvement
in Public Health—April 21, 2017

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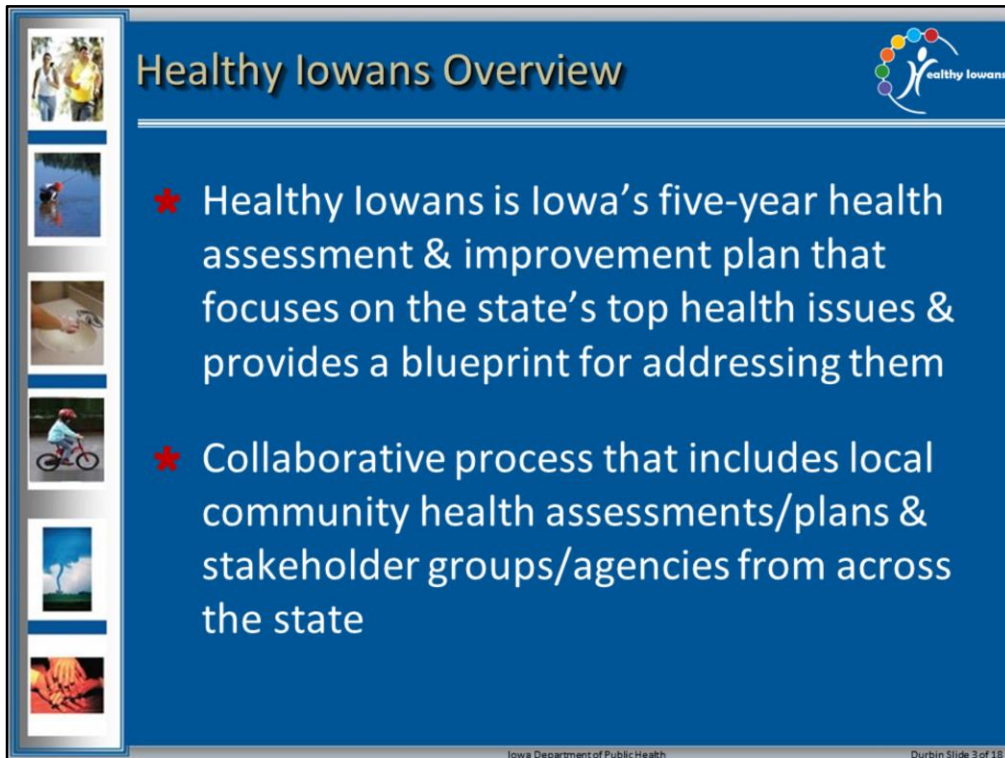


Summary




- ★ Overview of Healthy Iowans methods
- ★ Healthy Iowans and healthy aging
- ★ Tools, lessons learned, and improvement

<http://idph.iowa.gov/healthy-iowans>



The slide features a vertical strip of six small images on the left side, depicting various health and community activities: a group of people, a person fishing, hands being washed, a child on a bicycle, a landscape with a tree, and a group of people. The main content area has a blue background with white text and two red star icons. The title 'Healthy Iowans Overview' is at the top left, and the 'healthy Iowans' logo is at the top right. The footer contains the text 'Iowa Department of Public Health' and 'Durbin Slide 3 of 18'.

Healthy Iowans Overview

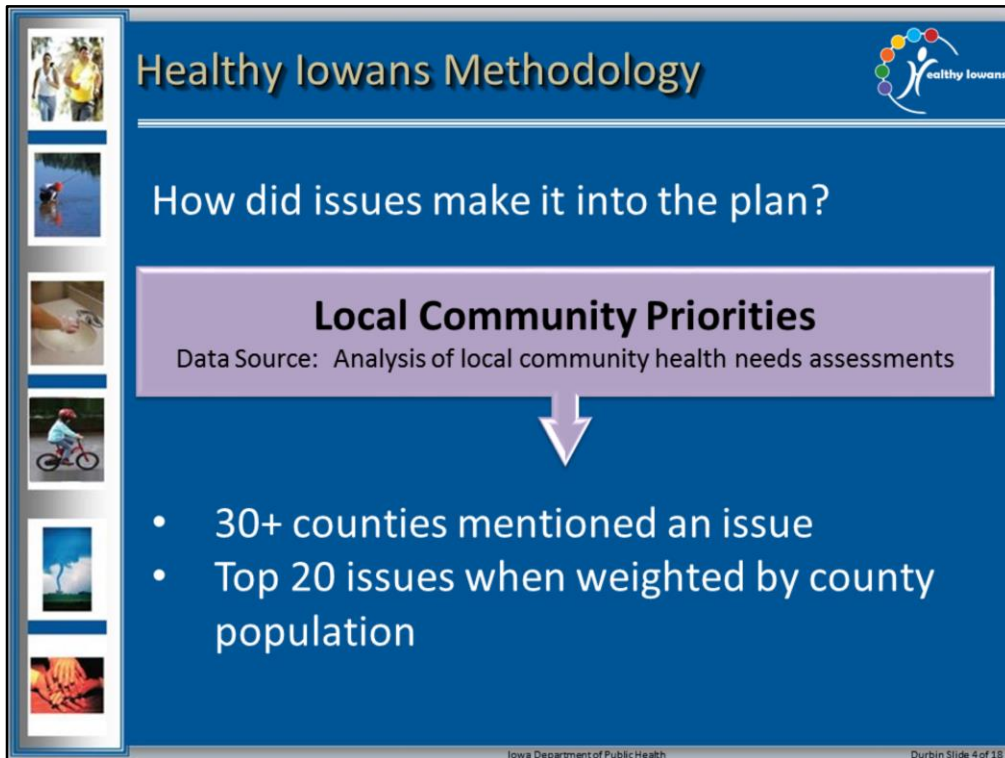


- ★ Healthy Iowans is Iowa's five-year health assessment & improvement plan that focuses on the state's top health issues & provides a blueprint for addressing them
- ★ Collaborative process that includes local community health assessments/plans & stakeholder groups/agencies from across the state

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- Recognizes that public health does not exist in a vacuum but is a shared responsibility with many other partners.
- Links to other plans including county health improvement plans, IDPH statewide plans & state level plans from dozens of stakeholders
- Collaborative approach to improve health by incorporating health considerations into decision making across sectors & policy areas.
- Fundamental component of accreditation.



The slide is titled "Healthy Iowans Methodology" in a gold, serif font. In the top right corner is the "healthy Iowans" logo, which features a stylized figure with arms raised, surrounded by a circle of colorful dots. On the left side, there is a vertical strip of six small images: a group of people, a person fishing, a person washing hands, a person on a bicycle, a landscape with a tree, and a close-up of hands. The main content area has a dark blue background. At the top, it asks "How did issues make it into the plan?". Below this is a light purple box with the title "Local Community Priorities" and the text "Data Source: Analysis of local community health needs assessments". A large white arrow points down from this box to a list of bullet points. The bottom of the slide has a thin grey bar with the text "Iowa Department of Public Health" on the left and "Durbin Slide 4 of 18" on the right.

Healthy Iowans Methodology

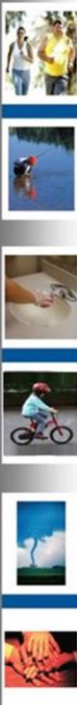
How did issues make it into the plan?

Local Community Priorities
Data Source: Analysis of local community health needs assessments


- 30+ counties mentioned an issue
- Top 20 issues when weighted by county population

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- Over 120 issue topics & tags for lifespan & special populations
 - Youth, elderly, minority, low income, disability
- In total, 99 counties identified 2,479 issues
- Analysis & categorization of those issues is the foundation for Healthy Iowans
 - Ability to roll needs up in different ways
- Depending on comprehensiveness of report/assessment the list may not reflect all of the needs/issues that exist within a particular community
- Results only reflect what was cited in the CHNA report submitted by each county




How did issues make it into the plan?



Healthy Iowans Recommendations

Data Source: Analysis of advisory group & stakeholder input.



Both:

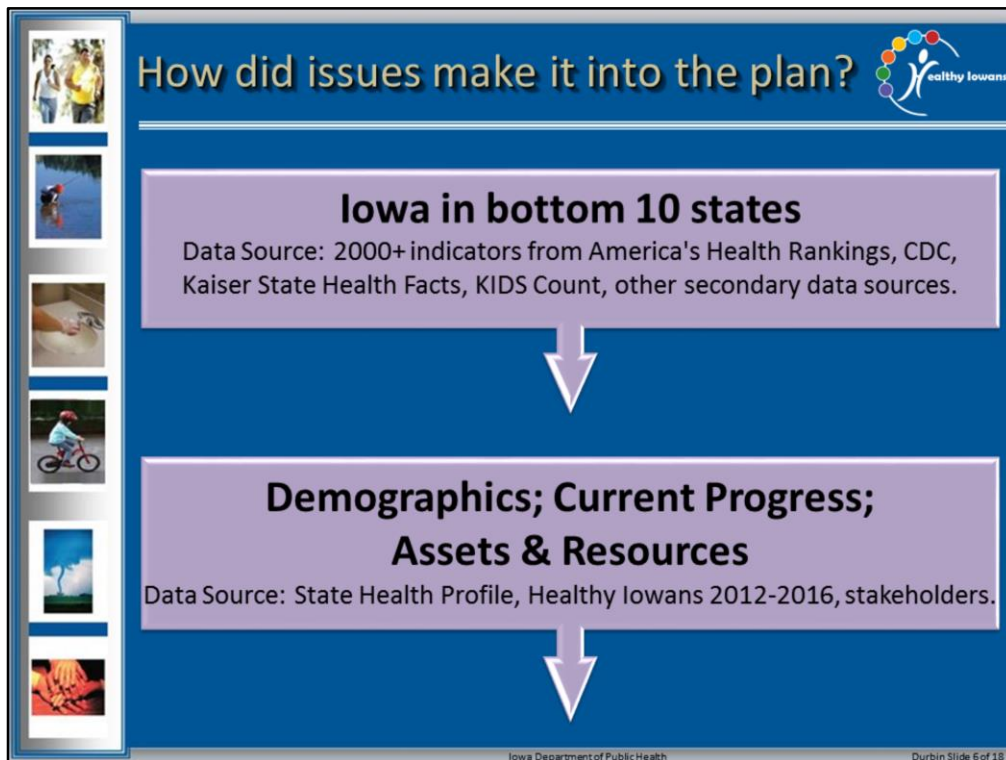
- Mentioned 5+ times
- 1+ stakeholders

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IDPH staff analyzed more than 120 recommendation forms and 285 recommended priority health issues from approximately 140 committees, organizations, state agencies, and individuals.

- NWS*: Obesity, Nutrition & Physical Activity (23 mentions, 17 stakeholders)
- Mental Health, Illness & Suicide (19, 16)
- SDH**: Access HS***: Mental Health (Lack of Providers and/or Facilities) (13, 12)
- Tobacco/Nicotine Use (12, 9)

17 specific mentions of older population – 13 different stakeholders




Bottom 10 States


- Percentage of female Medicare beneficiaries aged 75 and older who had at least one screening mammogram (Overuse) – Rank 44th
- Percentage of adults aged 65 and older with arthritis who report arthritis or joint pain does not limit their usual activities – 45th
- Percentage of adults aged 65 and older who report having had a fall within the last 12 months – 40th
- Percentage of the estimated deficit of geriatricians [estimated shortfall /minimum required number] – 40th
- Alzheimer's disease deaths (per 100,000 age 65+) – 47th

Demographics, etc.

- Aging trends
- An increase in the immunization coverage for all universally recommended vaccines for the following populations: Adults ages 65+ influenza. – not moving
- A decrease in the hospitalization rate related to falls for those who are ages 65 and over – moving in wrong direction



How did issues make it into the plan?



Both:

- 1+ data indicator showing poor performance (national ranking of 40th or below)
- 1+ indicator not moving or moving in the wrong direction in the previous Healthy Iowans plan

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Bottom 10 States

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Healthy Iowans SHIP



★ 3 overarching themes & 23 health issues

- Health Equity & the Social Determinants of Health
- Life Course
- Health System Improvement & Evidence-Based Decision Making





Life Course Overarching Theme

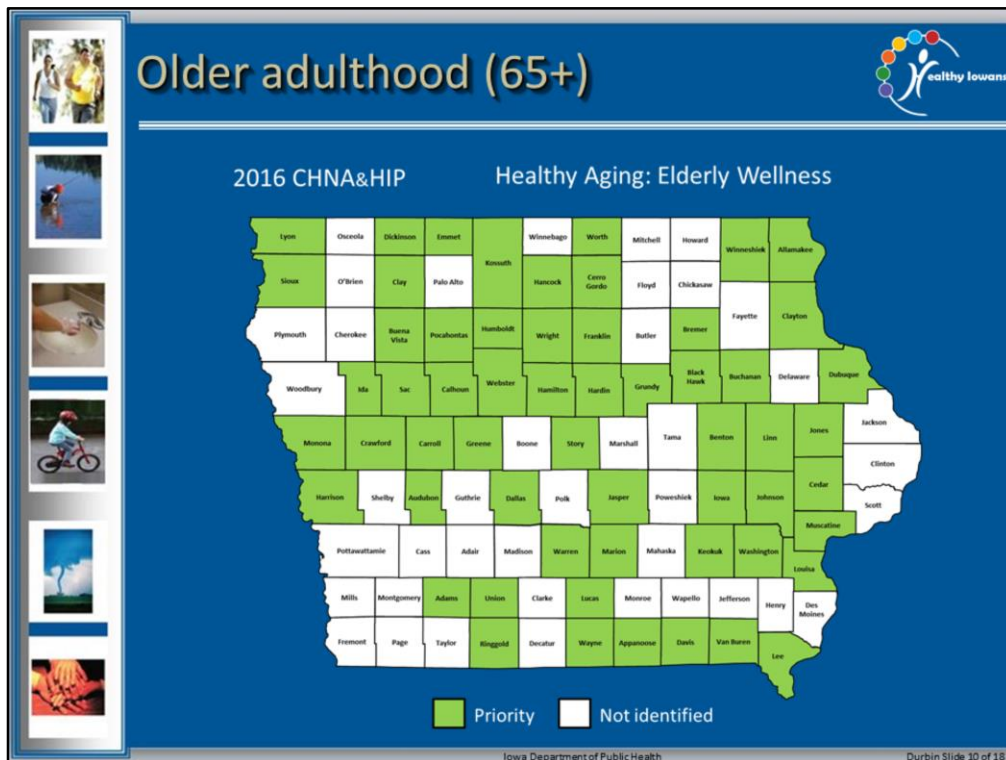




- ★ Life Course approaches address health throughout the various stages of life
 - Older adulthood

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Including maternal, infant, & child health; early & middle childhood; adolescence; early & middle adulthood; and older adulthood.



There were 120 mentions of older adults as a target population from 58 different counties.

Top 5 issues:

Injury: Falls (22 counties)

Aging in Place; Support Services (14)

Mental Health, Illness & Suicide, including Alzheimer's / Dementia (13)

Flu Immunizations (11)

SDH: Transportation (9)

In comparison, children / youth (under 18) were mentioned 460 times as a target population by 88 different counties.



The slide is titled "Healthy Iowans SHIP" in a large, bold, yellow font. To the left of the title is a vertical strip of six small images: a group of people, a person fishing, a person in a bathtub, a person on a bicycle, a person holding a glass, and a person holding a glass. To the right of the title is the "healthy Iowans" logo, which features a stylized figure with arms raised, surrounded by colorful dots. Below the title, the text "★ Healthy Aging Goals, Objectives, Strategies" is displayed in a large, bold, yellow font. Underneath this, there are five main categories, each preceded by a green square bullet point. Each category has one or more sub-points, each preceded by a yellow circle bullet point. The categories and their sub-points are: Life Course (1 goal) with Alzheimer's Disease education & early detection; Health System Improvement (1) with Long-term & direct care workforce; Acute Disease (1) with Flu immunizations; Healthy Living (2) with Oral health & nutrition; and Injury & Violence (3) with Falls. At the bottom of the slide, there is a small text "Iowa Department of Public Health" on the left and "Durbin Slide 11 of 18" on the right.

Healthy Iowans SHIP

★ Healthy Aging Goals, Objectives, Strategies

- Life Course (1 goal)
 - Alzheimer's Disease education & early detection
- Health System Improvement (1)
 - Long-term & direct care workforce
- Acute Disease (1)
 - Flu immunizations
- Healthy Living (2)
 - Oral health & nutrition
- Injury & Violence (3)
 - Falls

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8 goals, 11 objectives, 19 strategies

- Increase awareness about Alzheimer's disease and the importance of early detection to increase early detection. (20, 2S)
- Ensure a stable health and long-term care direct care workforce prepared to provide quality care and support to Iowans. (10, 1S)
- Increase influenza vaccinations in adults 65 years of age and older. (10, 2S)
- Improve access to nutritious meals, including access to fresh produce, for older Iowans ultimately empowering them to stay active and healthy. (20, 4S)
- Assure optimal oral health for aging Iowans. (10, 3S)
- Reduce falls in the elderly population. (40, 7S)



Healthy Iowans SHIP



★ Healthy Aging Goals, Objectives, Strategies

- Organizations
 - Alzheimer's Association
 - Iowa Caregivers
 - Iowa Department of Public Health
 - Iowa Department on Aging
 - Iowa Falls Prevention Coalition
 - Iowa Healthcare Collaborative
 - Iowa Nurses Association
 - Iowa Pharmacy Association
- Counties (27)



Tools to Get Input



IDPH CHNA&HIP Reporting Tools

COMMUNITY HEALTH NEEDS ASSESSMENT SNAPSHOT

Promote Healthy Living
Priority #1

Prevent Injuries & Violence
Priority #2

Protect Against Environmental Hazards
Priority #3

Prevent Epidemics & the Spread of Disease
Priority #4

Prepare for, Respond to, & Recover from Public Health Emergencies
Priority #5

Strengthen the Health Infrastructure
Priority #6

Select Images from Headings

Community Priority

Click to enter the name of your community priority

Goal #1

National Alignment

State Alignment

Add goal: Delete Goal

Objective 1-1

Baseline Year

Baseline Value

Target Year

Target Value

Add objective: Delete Objective

Add Current Value & Progress Report

Strategy 1-1.1

Strategy Title

Who's Responsible

Target Date

Add strategy: Delete Strategy

Add a Progress Report for this Strategy

Add priority: Delete Priority

Promote Healthy Living Assessment

includes topics such as addictive behaviors (tobacco, alcohol, drugs, gambling), chronic disease (mental health, cardiovascular disease, cancer, asthma, diabetes, arthritis, etc.), elderly wellness, family planning, infant, child & family health, nutrition and healthy food options, oral health, physical activity, pregnancy & birth, and wellness.

Healthy Living Community Priority	Rationale / Specific Need	Is this priority in the HIP?	If this priority is not addressed in the HIP, reason(s) why:
1		<input type="checkbox"/>	<div><input type="checkbox"/> Other priorities rated higher</div> <div><input type="checkbox"/> Existing programs already address problem/need</div> <div><input type="checkbox"/> Lack of human resources/guid</div> <div><input type="checkbox"/> Other</div> <div><input type="checkbox"/> Community partners do not exist</div> <div><input type="checkbox"/> Lead organization does not exist</div> <div><input type="checkbox"/> Lack of financial resources</div>




Tools to Get Input



Stakeholder Recommendation Form

SHIP Submission Form

 **Priority Health Issue #1** Date: _____

On behalf of: _____

What is the priority health issue?

Why this issue should be a priority:

<input type="checkbox"/> affects a large proportion of the population	<input type="checkbox"/> disproportionate health inequalities
<input type="checkbox"/> high morbidity/mortality/healthcare/costs	<input type="checkbox"/> preventability/reducible burden/ability to effect change
<input type="checkbox"/> feasibility/real effectiveness/feasibility of interventions	<input type="checkbox"/> emerging trend/trend in the wrong direction
<input type="checkbox"/> unfavorable comparison with other states/healthcare	<input type="checkbox"/> social determinants/health issues affect multiple health issues

Indicators that demonstrate why this issue should be a priority and that can be used to measure progress in addressing the issue.

Qualitative Data	Quantitative Data

Health inequalities: Specific population groups that are affected more than others.

Qualitative Data	Quantitative Data

Identify and resources available to address this issue.

Existing efforts to address this issue:

Organization: Strategy:

Issues specific plans to address this issue:

[Add a new issue](#) [Delete this issue](#) Priority Health Issue #1

[Click to enter the name of your organization/program](#)

Healthy Iowans Plan Submission Date Updated: _____

For additional information, CONTACT:

Name	Organization	Phone	Email

Iowa Health Issue: Use the drop-down list to choose the health issue you are addressing

[Use the drop-down list to choose the health issue you are addressing](#)

[Add goal](#) [Add objective](#)

Alignment with National Plans Alignment with State / Other Plans

Use the drop-down list to choose the health issue you are addressing.

Objective 5.1	Baseline Year	Baseline Value	Target Year	Target Value

Date Source & Location:

[Add objective](#) [Add objective](#)

Use the drop-down list to choose the health issue you are addressing.

Strategy 5.1.1 Strategy Title

Strategy Name & Location	Strategy Title	Target Date

Who's responsible:

Have you developed an action/work plan for this strategy? ☐ Yes ☐ No

[Add strategy](#) [Add strategy](#) [Add a Progress Report for this strategy](#)

[Add health issue](#) [Add health issue](#)



Lessons Learned



- ✿ Capitalize on existing planning
 - Program advisory committees
 - Statewide planning groups/coalitions
 - Other state agencies
- ✿ Choose life course as an overarching theme and request goals to address it



Ongoing QI



- * Technical assistance on writing goals, objectives, and strategies
- * Encouraging coalition development, especially organizing around overarching themes rather than health topics or diseases
- * Improving the tools

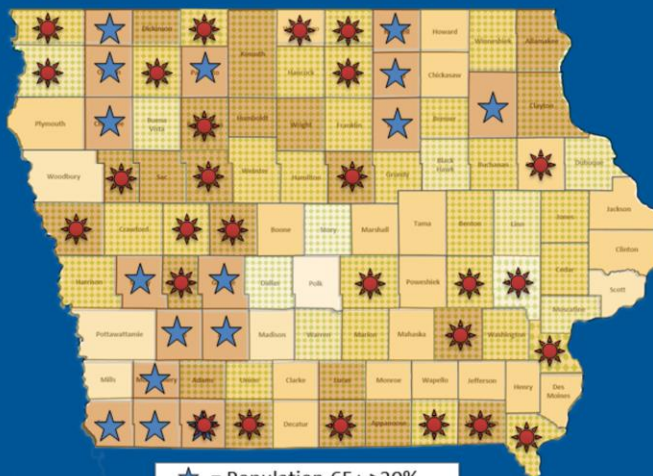


Ongoing QI



2016 CHNA&HIP

Healthy Aging/Elderly Wellness



- ★ = Population 65+ >20%
- ☀ = Ages 50+ in HIP
- ☑ = CHNA priority



Contact Information



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